

POWER WALKERABSTRACT

A wearable upper body exercise device for providing resistance to the natural forward arm swinging motion. The device comprises a wearable structure having one or more resistance units each attached to one end of a cord having an engagement interface attached at the other end of the cord. Each resistance unit provides resistance to pulling of the cord away from it. Each cord is engaged by a cord guide located in back of the user, below waist level, and, optionally, outward relative to the spine of the user. Each cord guide is connected to a cord-positioning structure, each comprising a shaft extending rearward and downward from the point of attachment to the wearable structure. One of the engagement interface or the resistance unit engages an arm or hand of the user, and the other engages the mounting unit.